

Screenings and Immunizations: What You Should Know



Getting regular check-ups, preventive screening tests and immunizations are among the most important things you can do for yourself.

Take time to review these guidelines for screening tests and immunizations. Use these charts to remind yourself of when you need to see your health care provider based on your personal health profile. Make an appointment today! *These screening guidelines are for women who are feeling well and have no personal medical history or family history that places them at increased risk for the diseases listed below.*

Screening Tests	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65+
<u>General Health:</u> Full checkup	Discuss with your health care provider			
Thyroid test				Periodically after age 65
<u>Heart Health:</u> Blood Pressure Test, Height & Weight Check	Starting at age 18, then once every 1 - 2 years if normal			
Cholesterol test	Discuss with your health care provider	Starting at age 45, then every 2 years		
<u>Bone Health:</u> Bone Mineral Density Test		Discuss with your health care provider	Get one at least once, then discuss repeat testing with your health care provider	
<u>Diabetes:</u> Blood Sugar Test	Discuss with your health care provider	Starting at age 45, then every 3 years		
<u>Breast Health:</u> Breast Exam	Yearly by a health care provider; monthly breast self exam			
Mammogram		Every 1 - 2 years, discuss with your health care provider		
<u>Reproductive Health:</u> Pap Test & Pelvic Exam	Every year if you have been sexually active or are older than 21	Every year		Discuss with your health care provider
	Discuss with your health care provider having less frequent Pap tests after 3 consecutive normals			
Chlamydia Test	If sexually active, yearly until age 25	If you are at high risk for Chlamydia or other sexually transmitted diseases (STDs), you may need this test. See STD section		
Sexually Transmitted Diseases (STDs)	Talk to your health care provider if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD			
<u>Eye Health:</u> Vision exam	Once initially between age 20 and 39	Every 2 - 4 years		Every 1 - 2 years
<u>Ear Health:</u> Hearing Test	Starting at age 18, then every 10 years		Discuss with your health care provider	

<u>Colorectal Health:</u> Colonoscopy		Every 10 years		
		OR		
Flexible Sigmoidoscopy		Every 5 years		
		OR		
Fecal Occult Blood Test (FOBT)		Yearly		
		OR		
Double Contrast Barium Enema (DCBE)		Every 5 - 10 years (if not having colonoscopy or sigmoidoscopy)		
		OR		
FOBT <u>and</u> Flexible Sigmoidoscopy		Every 5 years		
<u>Skin Health:</u> Mole Exam	Monthly mole self-exam; by a health care provider every 3 years, starting at age 20			
<u>Oral Health:</u> Dental Exam	1 - 2 times every year			
<u>Mental Health Screening:</u>	Discuss with your health care provider			
Immunizations	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65+
Influenza	Discuss with your health care provider		Yearly	
Pneumococcal				One time only
Tetanus-Diphtheria Booster	Every 10 years			
Varicella (VZV)	Only if you have never had chicken pox: Two doses, eighteen years and over			
Measles, Mumps, Rubella (MMR)	Women of childbearing age: One dose between 18 and 50 years of age for those born after 1956			
Meningococcal	Once at age 18 if you have not already had one			

Guidelines endorsed by the Women's Health Section of the Nebraska Medical Association

Note: These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.

Additional Resources:

Recommended Screenings & Immunizations for Women with High Risk Factors

www.womenshealth.gov/screeningcharts/screenings-high-risk.pdf

For More Information:

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